

SOCIAL AND EMOTIONAL RESOURCES

HOW DO I TALK TO MY KIDS ABOUT COVID-19

Parents and other trusted adults play an important role in helping children understand what they hear in an honest and accurate way while minimizing worry and fear. Some things to keep in mind include:

- Remain calm and reassuring.
 - Make yourself available to listen and to talk. Be sure children know they can come to you when you have questions.
 - Avoid language that might blame others and lead to stigma. Remember that viruses can make anyone sick, regardless of a person's race or ethnicity.
 - Consider reducing the amount of screen time focused on COVID-19.
 - Provide information that is truthful and appropriate for the age and developmental level for the child. The CDC has compiled "[Facts about COVID-19 for discussions with children](#)" that can be a helpful starting point.
 - Remind children about proper hygiene habits including washing their hands often.
-

Recommended Resources to Help Talk About COVID-19

- SAMHSA - [Tips for Talking with Children about Infectious Disease OutbreaksPDF download](#)
- [NPR: Just For Kids- A Comic Exploring The New Coronavirus](#)
- [Brain Pop- Coronavirus](#)
- Zero to Three - [Tips for Families: Coronavirus](#)
- [Talking to Children About COVID-19 \(Coronavirus\): A Parent Resource](#)

SOCIAL AND EMOTIONAL RESOURCES

School is a very important part of the social and emotional aspect of our children's lives. The interruption of this aspect is and will continue to be difficult for them and for parents. Continued activities to engage children of all ages in sharing their feelings and learning how to manage difficult emotions will build resiliency and encourage healthy growth and wellness.

These resources can help families with activities and starting places to keep communication open and improve wellness.

STEAM activities and Mental Health

World Health Organization: Helping Children Cope with Stress During COVID-19

Go Noodle Active Screen Time Activities for families

Cosmic Kid Yoga for young kids

Harvard Graduate School of Education - **Confronting the Coronavirus Outbreak**

Second Step - **Grades K-5 COVID-19 social and emotional resources for parents**

Headspace - free mindfulness activities for your everyday life

Calm - take a deep breath with free meditations

Smiling Mind - mindfulness to help manage stress and anxiety

Mindfulness Activities around **Fear**

Positive School Counselor - interactive mindfulness activities

Sources of Strength Home Activities for Mental Wellness

Additional resources to support families around working and schooling from home, and fear and uncertainty.

- Child Mind Institute - **Support for Families during COVID-19**
- NCTSN - **Parent/Caregiver Guide to Helping Families Cope with COVID-19PDF download**
- Common Sense Media - **Resources for Families during the Coronavirus pandemic**
 - This includes understanding news coverage, movement apps and games, and homeschooling help
- **Greater Good** - Science-based insights for a meaningful life
- **Kids for Peace** - Family Friendly Activities during the pandemic

MENTAL HEALTH

Experiencing a crisis? Click here to be redirected to resources on MTA page

Other resources on Mental Health and the impact of COVID-19 can be found at:

- CDC: **Managing Stress and Anxiety**
- National Alliance on Mental Illness (NAMI): **COVID-19 Information and Resources**